DAY 1 .

**Running Events 3:30 (Girls then Boys, 1600 and Medley fastest heats first)**

1600 Meter Finals
100/110 Meter Hurdles Trials
100 Meters Trials
400 Meters Trials
Medley Relay Finals
300 Meter Hurdles Trials
200 Meter Trials

**Field Events start at 3:00 School in charge of event**

**Implement check in from 2:00-3:30**

Girls Javelin Alta
Girls Shot Put Corner Canyon
Girls Long Jump Provo
Boys Discus Orem
Boys High Jump (5’4” O.H.)   Timpanogos

  DAY 2 .

**Running Events 3:30 (Girls then Boys, 3200, 800, Relays fastest heats first)**

3200 Meters Finals
100/110 Meter Hurdles Finals

100 Meters Finals
Academic All-Region Presentation

4x100 Meter Relay Finals
400 Meters Finals
300 Meter Hurdles Finals
800 Meters Finals
200 Meters Finals
4x400 Meter Relay Finals

**Field Events 3:00 School in charge of event**

**Implement check in from 2:00-3:30**

Boys Javelin Alta
Boys Shot Put Corner Canyon
Boys Long Jump Provo
Girls Discus Orem
Girls High Jump (4’4” O.H.) Timpanogos